

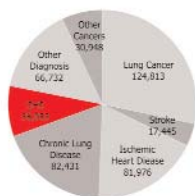
Hurting Others

Exposure to secondhand smoke causes over 3,000 deaths from lung cancer and 35,000-40,000 deaths from heart disease in non-smokers each year.

Thousands of respiratory tract infections, hospitalizations, asthma attacks, and ear infections in children are associated with SHS each year.

More Than an Annoyance

According to the Centers for Disease Control (CDC), smoking kills over 400,000 Americans every year. The chart below approximates the deaths attributable to cigarette smoking for each year from 1995-1999.



Ventilation

Some people argue that non-smoking areas with proper ventilation will take care of the problem of secondhand smoke.

The fact remains that there is no safe level of exposure. No ventilation system can eliminate health risks due to secondhand smoke.

Science shows the only solution to address the health risk of SHS is smoke-free air.

The Bottom Line

What this all adds up to is that secondhand smoke is a significant health hazard. *Smoking is optional, breathing is not.*

The Hidden Dangers



What is Secondhand Smoke?

Secondhand smoke (SHS) is the smoke that is inhaled from other people's tobacco smoke from cigarettes, pipes, or cigars.

There are two kinds of SHS that a person can breathe in:

- **Mainstream Smoke** - the smoke exhaled by a smoker
- **Sidestream Smoke** - the smoke from the burning tip of a cigarette



Other common names for secondhand smoke (SHS) include environmental tobacco smoke (ETS) and passive smoke.

Deadly Ingredients

Secondhand smoke contains over 4,000 chemicals. Of these chemicals, 200 are poisons and 43 are carcinogens. These carcinogens are known to cause cancer in humans and animals and many are strong irritants.

Some well-known ingredients of cigarette smoke include:

- Formaldehyde
- Cyanide
- Arsenic
- Carbon Monoxide
- Methane
- Benzene
- Radioactive Polonium-210



Top of the Class

The Environmental Protection Agency classifies secondhand smoke as a Group A carcinogen, which means it is a known cause of lung cancer in humans.

Group A carcinogens are the most dangerous cancer-causing agents. There is no safe level of exposure to secondhand smoke.

SHS and Your Heart

Heart disease is by far the most significant health effect of breathing secondhand smoke.

According to the American Heart Association, constant exposure to SHS nearly doubles a nonsmoker's risk of having a heart attack.



Smoke-filled rooms can have up to six times the air pollution as a busy highway.

Once smoking has occurred in a room, it can take up to two weeks for nicotine to clear from the air.

Additional Health Risks

Besides heart disease, the EPA states that repeated exposure to secondhand smoke over time can cause a number of health problems for adult nonsmokers:

- Stroke
- Lung cancer
- Nasal cancer
- Aggravates asthma
- Other respiratory diseases
- Cervical cancer
- Miscarriages and low birth-weight babies



Health Risks for Children

A mother that smokes during or after her pregnancy can irreversibly impact her child's growth and development.

Children are especially vulnerable to the harmful effects of SHS, especially if smoking is allowed in the home.

A few of the numerous health effects include:

- Asthma
- Bronchitis and pneumonia
- Ear infections
- Lower respiratory tract infections & hospitalizations
- Cancers and leukemia
- Sudden Infant Death Syndrome (SIDS)
- Adverse impact on learning and behavioral development



Resource Details

Secondhand Smoke Brochure, 3.67"x8.5"

Audience: General

This brochure explains why secondhand smoke is more than a nuisance and lists all the negative health effects exposure to it can cause.

Where to Order

Online: www.state.sd.us/doh/catalog.htm

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

Tobacco-Free Building Laminated Indoor Sign, 8.5"x11"
Audience: Worksites

This indoor sign is laminated for durability and can remind the public that a building is tobacco-free.

Smoke-Free Building Laminated Indoor Sign, 8.5"x11"
Audience: Worksites

This indoor sign is laminated for durability and can remind the public that a building is smoke-free.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467

*This is a
Tobacco-Free Building*

*Thank You for
Not Using Tobacco*

A.

*This is a
Smoke-Free Building*

*Thank You for
Not Using Tobacco*

B.



Resource Details

Smoke-Free/ Tobacco Free Building Clings, 5"x7"
Audience: Worksites

These clings can be posted on a window to give the public notice that a building is smoke-free/tobacco-free. (Please indicate the letter of the design you prefer.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

Chronic Coffin Poster, 10"x19"
Audience: General

This poster highlights the dangerous health risks associated with secondhand smoke.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

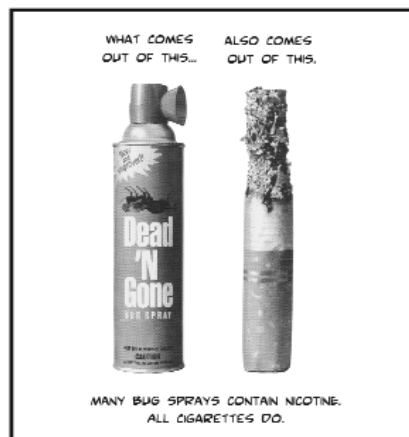
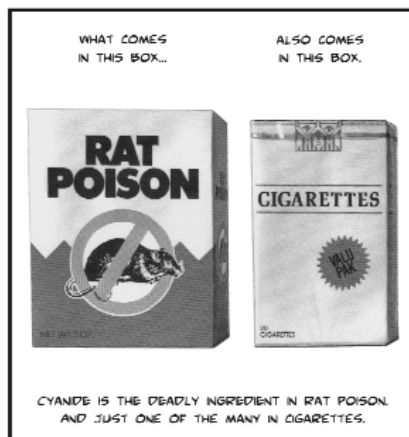
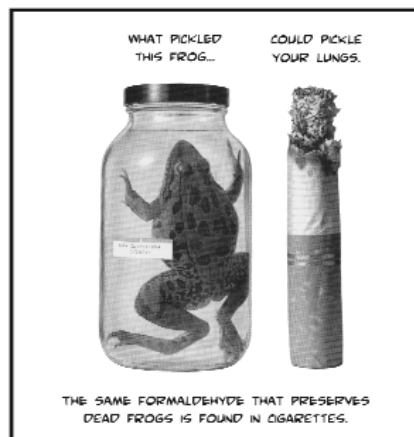
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Ever wonder why there's no list of ingredients on a pack of cigarettes?



Tobacco smokes you.

South Dakota Department of Health

Resource Details

Additives Poster, 10"x19"

Audience: Youth

This poster highlights the dangerous health risks associated with tobacco use.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467

Tobacco Free Business Kits



What's included:

Model policies for tobacco-free businesses
Smoke-Free/Tobacco-Free Building Signs
Smoke-Free/Tobacco-Free Window Clings
QuitLine Promotional Materials to encourage employee cessation.
Information for ordering additional free resources

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Tobacco Policy Outdoor Signs Order Form

Quantity_____



Quantity_____



Quantity_____



Quantity_____



Quantity_____

(Please fill in the number of signs requested in the space above for each sign.)

Each sign is solid aluminum, 18" tall by 12" wide. Signs can be bolted to a wall or standard sign post. Posts are not included with order.

Order Information:

Contact Person: _____

Phone: _____

Email: _____

Where will signs be posted? _____

Shipping Address:

(please allow 4-6 weeks for delivery)

Name: _____

Company: _____

Street Address: _____

City, SD, Zip _____

Fax completed form to (605) 773-5509 or mail to: South Dakota Department of Health
Tobacco Control Program
615 E. Fourth Street
Pierre, SD 57501

Questions? Email DOH.INFO@state.sd.us or call (605) 773-5393.